



**Minnesota Women of Today**  
**2024-2025 MNJOTS CIP**  
 Women's Wellness  
 State Program Manager  
 Wiggle to Wellness

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**Hello to the 2024-2025 Minnesota Women of Today year.**

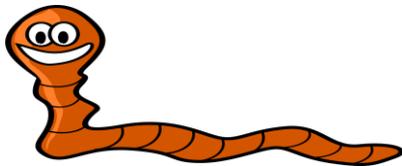
My name is Sue Bay and I am going to be your state program manager for Women's Wellness this upcoming year. I have been a member of the Fairmont chapter for 9 great years. I am married and I have 2 adult children. My daughter is getting married in Omaha this winter, so I am also active in getting those preparations ready. In my community, I am a mentor of a 13 year old girl in a program called Kinship. I enjoy making hand made cards, various crafts, camping and playing with my neighbor's 2 children, who call me Grandma. Not by blood, but by love I have gained this special title and privilege in my life. I am looking forward to a fun year as your SPM. Feel free to reach out to me if I can be of assistance to your chapter or district.

Wiggle to Wellness is the theme for this year. My goal is to encourage you to find a way to keep your body active by movement. I will introduce fun ways to motivate you to move your body in a variety of activities.

Many of us find ourselves in an office position where we sit in front of a computer all day long. I am one of those individuals! For the benefit of our body's wellbeing, we need to stand up and WIGGLE.

I SPY . . .

An opportunity to show that you are reading this CIP. Text me a photo by August 15th of this image to receive a free gift at Fall Convention. Wiggle Wiggle . . .



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See the MNWT President Chapter Information Packet (CIP) for this Trimester's Bonus SUCCESS point information.

**MNWT Calendar**

**June**

- 12 MNWT Webinar

**July**

- 1 USWT Founder's Day
- 11 MNWT Webinar
- 15 Early Bird Renewals due
- 15 Fast Starts due
- 28 – Aug 3 Membership Week

**August**

- 1 Cheryl L. Anderson scholarship applications dues
- 3 President/State Delegate retreat
- 6 National Night Out
- 6 USWT Friendship Day
- 15 All Renewals due
- 30 1<sup>st</sup> Trimester Close Out
- 31 End of Trimester 1

**September**

- 2 Project of the Trimester applications due
- 2 Outstanding Program Manager nominations due
- 22-29 Women of Today week
- 27-28 Fall State Convention

Please consult the MNWT official calendar at [www.mnwt.org](http://www.mnwt.org), under Events to ensure that other key dates are not missed.

LOIS M. CHRISTENSEN Women Who Impact award is designed to honor women who have made a valuable contribution to and impact upon their communities.

Nominations can be in these different areas: Youth Outreach, Women's Advocacy, and Non-Profit.

Nominations are due November 1<sup>st</sup>.

### ***Who is Lois M. Christensen?***

Lois was the founding first President of the Minnesota Mrs. Jaycees which later became the Minnesota Jaycee Women and then the Minnesota Women of Today. She certainly was a woman who had an impact on thousands of members of our organization. Nominating an individual for the Lois M. Christensen should be considered an honor to any woman to be following in the footsteps of a remarkable woman. Look around your community and your chapter. Please consider nominating a remarkable individual for this prestigious award.

[EmailMe Form - MNWT Women Who Impact Award Nomination](#)

### **Show me the Prizes!**

I am offering 2 opportunities to win a special gift at Fall Convention.

✓ **Complete and submit FAST start**

Email submissions to [ww@mnwt.org](mailto:ww@mnwt.org)

FAST starts are due July 15<sup>th</sup>

Use this quick link to access the on line form

[EmailMe Form - MNWT Fast Start: Program Manager](#)

✓ **Submit an Outstanding Program Manager Nomination**

Email submissions to [ww@mnwt.org](mailto:ww@mnwt.org)

Program Manager nominations are due September 2

Use this quick link to access the on line form

[EmailMe Form - MNWT Outstanding Program Manager Nomination](#)

*Winners will be chosen in a random drawing*

These opportunities come with a special Presidential Success Bonus points. We call that a 2 for 1 opportunity.

Fast Start submissions will be 25 points

Outstanding Program Manager Nomination will be 25 points

# Life is not a struggle, It's a WIGGLE

## What are the benefits of walking?

1. Burn Calories
2. Strength the Heart
3. Can help lower your blood sugar
4. Eases joint pain
5. Boosts immune function
6. Boost your energy
7. Improve your mood
8. Extend your life
9. Tone your legs
10. Creative thinking

## Tips for staying safe while walking

1. Walk in areas designated for pedestrians
2. Wear a reflective vest or a light so cars can see you
3. Wear sturdy shoes with good heel and arch support
4. Wear loose, comfortable clothing
5. Drink plenty of water before and after your walk to stay hydrated
6. Wear sunscreen to prevent sunburn, even on cloudy days

These tips are from Healthline Fitness newsletter; written by Jane Chertoff



Watch for your Wednesday WIGGLE updates on the MNWT Programming Facebook page for motivational and fun ideas to keep your body moving.

Wiggle Wiggle,

Sue